



Proportional study on sports, yoga and health awareness of the rustic and urban high school students of Shivamogga district

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Abstract

Introduction: Schools in India are gradually beginning to realize the importance of sports in the overall development of children, and how vital it is to encourage them to take up sports. The growing awareness of how sports contribute to the growth of children in terms of life skills, has led parents and school authorities to encourage children to take up sports, whereas previously the focus was entirely on academics. Promoting the health and safety of adolescents is of prime importance to the future of any Nation. It is universally accepted that health education should become a part and parcel of any organized system of education. It has been defined as “the sum of experience in school and elsewhere, which favorably influences habits, attitudes and knowledge related to individual, racial and community health (Garg, 2006; Sridevi, 1997; and Clark, 2008). Yoga seems to be relevant today especially for school children for facilitating proper growth in enriching nutrition and health related fitness.

Purpose: The purpose of the study was to comparative study on sports, yoga and health awareness of the rural and urban students of Shivamogga district.

Methodology: The subjects selected for the present study were high school students in rural and urban area OF Shivamogga district. All together 96 subjects were selected from different schools through purposive random sampling technique. Equal number of rural school students (N=48) and urban school students (N=48) were selected for the present study. Their age ranged between 14 to 16 years. To attain the objective of the study questionnaire was constructed. The questionnaire was consist of 41 questions related to sports, yoga and health awareness.

Hypothesis: It was hypothesized that there will be a significant difference in sports, yoga and health awareness among rural and urban high school students of Shivamogga district.

Keywords: sports, yoga, health, awareness

1. Introduction

Sport specialization is commonly defined as year-round participation in sport at the exclusion of other sports. Sport and physical education play an important role at the individual, community, national and global levels. For the individual, sport enhances one's personal abilities, general health and self-knowledge. The players are creating and breaking new records in today's competitive sports, Traditionally the motto of Olympic festival is higher and stronger is still alive in the field of physical education and sports, the aim of the game and sports is firstly suite with every field and major ability is increasing day by day because of development of science and technology today's athletes are trained scientifically the equipment of training are also developed scientifically the “Dand Bythak” and ‘Akhadas’ activities become out high-tech gymnasium and health centers takes it place (Russel, 1971). Participation in sport and physical education provide an opportunity to experience social, moral inclusion for population for otherwise marginalized by social, cultural and religious barrier due to

gender disability and other discriminations. Through sports and physical education, individuals can experience equality, freedom and a dignifying means for empowerment. It is universally accepted that health education should become a part and parcel of any organized system of education. It has been defined as “the sum of experience in school and elsewhere, which favorably influences habits, attitudes and knowledge related to individual, racial and community health. Sports, games and physical education activities are looked upon an avenue for achieving and establishing supremacy, prestigious social recognition and etc. To achieve this recognition we require extraordinary talent, skill, sustained interest, determination, training and so on Yoga is generally accepted as an ancient tradition that incorporates postures, breathing techniques, meditation, and moral and ethical principles.

2. Methodology

The subjects selected for the present study were high school students in rural and urban area OF Shivamogga district. All

together 96 subjects were selected from different schools through purposive random sampling technique. Equal number of rural school students (N=48) and urban school students (N=48) were selected for the present study. Their age ranged between 14 to 16 years. To attain the objective of the study questionnaire was constructed. The questionnaire was consist of 41 questions related to sports, yoga and health awareness. The questionnaire method was adopted in order to know the awareness of sports, yoga and health among the subjects selected for this study. The investigator himself approached the subjects individually at their respective schools and requested for cooperation. The subjects were asked to assemble in a class room specified for data collection. The investigator gave a brief introduction about the study and sought honest responses. Eventual doubts were clarified by the investigator. The duly filled questionnaire was collected back.

3. Statistical Analysis

Descriptive statistics including Mean and Standard Deviation were calculated from the raw scores. Further ‘t’ test for paired samples was used to find the difference between mean scores on sports, yoga and health awareness among high school students of Shivamogga district.

4. The analysis, interpretation and results of study

Analysis of raw data and findings of the study. The Mean, standard deviation and ‘t’ score of sports awareness of urban and rural high school students in Shivamogga district. The results on subject characteristics are given below the tables.

Table 1: Shows Mean, Standard Deviation and ‘t’ Score of Sports Awareness of Urban and Rural High School Students In Shivamogga District.

Sl. No	Groups	Number of Subjects	Mean	Std. Deviation	‘t’ Value
1	Urban	48	8.29	3.72	0.006
2	Rural	48	6.29	2.53	

The above table shows the Mean, standard deviation and ‘t’ score of sports awareness of urban and rural high school students in Shivamogga district. In this there is no significant difference in sports awareness between urban and rural high school students in Shivamogga district. So hypothesis was rejected and the alternate hypothesis was formulated that there is no significant difference in sports awareness between urban and rural high school students in Shivamogga district.

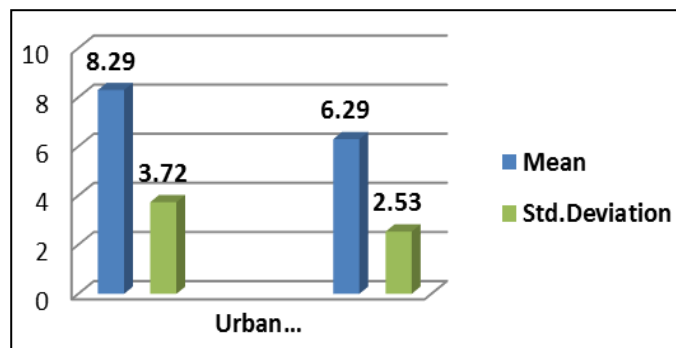


Fig 1: Graphical illustration of Sports awareness between rural and urban high school students

Table 2: Shows mean, standard deviation and ‘t’ score of health awareness of urban and rural high school students in Shivamogga district

Sl. No	Groups	Number of Subjects	Mean	Std. Deviation	‘t’ Value
1	Urban	48	7.34	3.40	0.16
2	Rural	48	7.91	2.66	

The above table shows the Mean, standard deviation and ‘t’ score of health awareness of urban and rural high school students in Shivamogga district. In this there is no significant difference in sports awareness between urban and rural high school students in Shivamogga district. So hypothesis was rejected and the alternate hypothesis was formulated that there is no significant difference in sports awareness between urban and rural high school students in Shivamogga district.

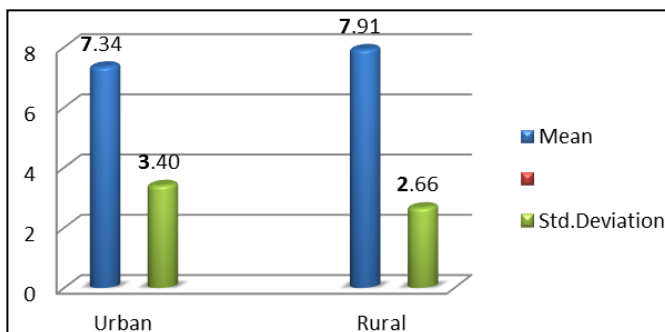


Fig 2: Graphical illustration of Health awareness between rural and urban high school students

Table 3: Shows mean, standard deviation and ‘t’ score of yoga awareness of urban and rural high school students in Shivamogga District

Sl. No	Groups	Number of Subjects	Mean	Std. Deviation	‘t’ Value
1	Urban	48	3.87	1.64	0.079
2	Rural	48	3.42	1.28	

The above table shows the Mean, standard deviation and ‘t’ score of yoga awareness of urban and rural high school students in Shivamogga district. In this there is no significant difference in sports awareness between urban and rural high school students in Shivamogga district. So hypothesis was rejected and the alternate hypothesis was formulated that there is no significant difference in sports awareness between urban and rural high school students in Shivamogga district.

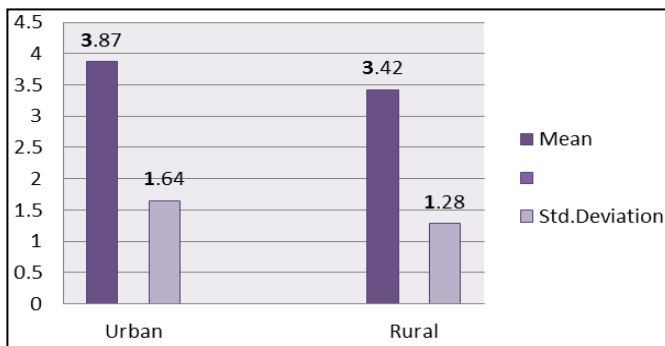


Fig 3: Graphical illustration of Yoga awareness between rural and urban high school students

6. Conclusion

There is no significant difference between sports, yoga and health awareness of the rustic and urban high school students of Shivamogga district.

7. Reference

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